

ROCK CORNISH HENS WITH ONION SAUCE

(pictured on page 70)

4 Rock Cornish hens (about 1 pound each), thawed

Salt

Pepper

2 tablespoons butter or margarine

2 tablespoons pure vegetable oil

4 cups finely sliced onion (4 large)

1 cup heavy cream

Wash hens. Pat dry. Sprinkle cavities with salt and pepper. Heat butter or margarine and oil in large skillet over medium heat. Brown birds on all sides.

Add onions to skillet; place hens, breast side up, over onions. Cover. Reduce heat to low. Cook 30 minutes, basting birds with pan juices occasionally. Transfer birds to serving platter. Keep warm. Add cream to onions in skillet. Bring to boiling. Simmer 2 or 3 minutes. Correct seasoning to taste. Serve sauce separately. Arrange vegetables of your choice—we show peas—around hens. Makes 4 servings.